

HIKING WITH A BABY STROLLER

Many people would like to go hiking with their baby stroller in Söderåsen national park, but don't know where to go. As a result, we have put together this folder for you. Of course it should be possible to get out in nature even with small kids! The national park has a large network of gravel roads and old forest roads that are suitable for strollers, as well as some of the trails (like those included in the suggested hikes). The Skårdammen runt trail (0,9 km) and the Odensjöpromenaden trail (1,2 km) are the only marked hiking trails that are suitable for strollers in their entirety. Even though normal traffic isn't allowed on the majority of the roads in the park, there are still other types of traffic like bicycles, horse riders and park management vehicles. Pay attention and show respect to each other.

WHICH KIND OF STROLLER?

On the larger gravel roads, you'll be fine with a normal stroller with slightly bigger wheels. If you want to get on trails or do a longer hike, we recommend an all-terrain stroller. For some passages it might be good to be two people.

SUSTAINABLE RECREATION

Söderåsen national park has high natural values and is a popular destination with many visitors. To preserve these values it is important that the disturbance on nature from outdoor recreation is kept at a minimum. You can contribute to this by following the park regulations and being mindful of nature.

SOME EASY WAYS TO TAKE CARE OF NATURE

- Bring a bag for your trash and leave no trace.
- Stay on the trails and the roads.
- Don't harm trees, bushes, or other vegetation.
- Don't make fires in other places than our designated fireplaces and BBQ areas.
- Only use chopped wood or coal for your fire. Never pick dead branches or similar as fuel. They are the homes of insects and bugs and an important part of the ecosystem.
- Always keep your dog on a leash.

FACILITIES IN THE PARK

The parking at Skärälid can be full during weekends, so pick another parking if you're able to. Check the map for where to find them. There are designated fireplaces at Liagården, Dahlbergs, Nackarpsdalen (Röstånga) and Skärälid. Other nice rest areas for lunch or a fika break can be found at Härnsäddammarna, Kvärk, Kopparhatten and lake Odensjön. Check the map for information about toilets.



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PLANNING YOUR HIKE

Pick one of the suggested hikes below or make up your own. The choice is yours! There are many options for modifying your hike in and around the national park, and many beautiful places to see. Keep in mind that there are significant changes in elevation in the area, so pay attention to the contour lines on the map when you plan your hike. Depending on what stroller you have and how adventurous you feel, different hikes might be more or less suitable. None of the hikes below are marked in the field, so take the map with you.

OUR SUGGESTIONS

TO THE HÄRSNÄS PONDS - 2,5 km

Mainly gravel road, however there's a trail section with some more difficult passages. Walk back and forth to the ponds from the parking lot for an easier option. There is a bench to sit by the big pond, but no fireplace.

LIAGÅRDEN AND LIERNA - 3 / 4,5 km

Two alternatives on gravel roads and wide foot paths. However, there are plenty of rocks and roots on the trail along the Skärälid valley. Put the stroller to the side for a minute and enjoy the view from Lierna. The viewing point is not suitable for small kids, since there is no fence. Park your car at Liagården.

KOPPARHATTEN - 3,5 km

A nice hike in the lush deciduous forest below Kopparhatten. The roads are wide and even, but quite steep. Some parts are shared with cars. Park at Kopparhatten.

AROUND THE KVÄRK FOREST - 5,3 km

This loop will take you through a beautiful and calm part of the national park. It offers good views of Korsskär and the Skärälid valley, especially during the winter months when the leaves have fallen. Gravel roads only, with some elevation change. Park at Kvärk.

LAKE ODENSJÖN AND BEYOND - 4 / 5,5 km

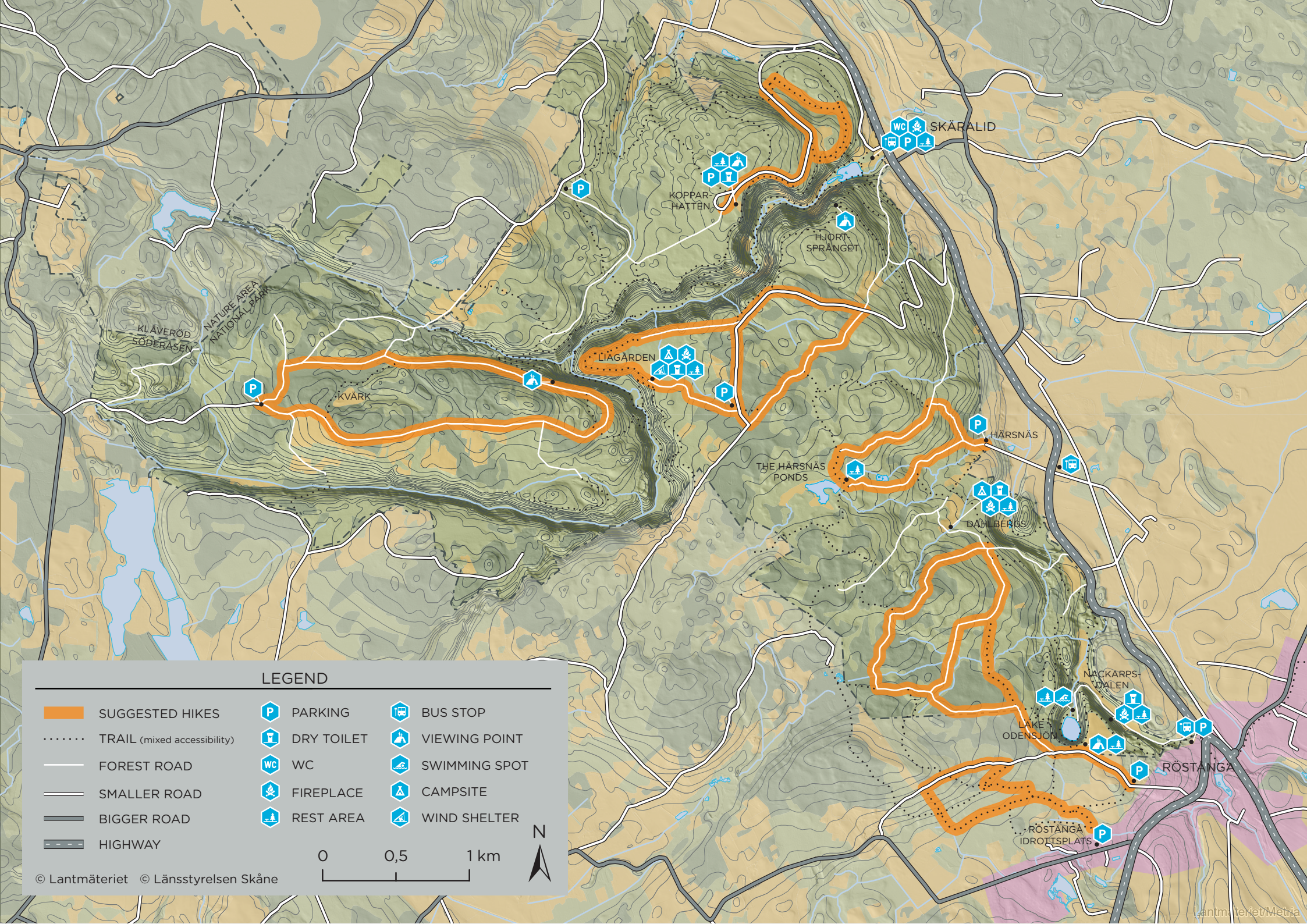
Park at the end of Odensjövägen for an easy hike on gravel roads in flat terrain, including a beautiful view of lake Odensjön. The trail section is smooth. It is also possible to start and finish at the Röstånga tourist information and walk up Odensjövägen by foot.

BEHIND RÖSTÅNGA FOOTBALL FIELDS - 3,3 km

This is a nice loop on gravel roads and wide trails in the leafy forest behind the football fields. Park at Röstånga Idrottsplats opposite the camping. Technically you're outside the national park on this hike, but it's just as beautiful.

VISIT...

LANZAROTE
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LEGEND

	SUGGESTED HIKES		PARKING		BUS STOP
	TRAIL (mixed accessibility)		DRY TOILET		VIEWING POINT
	FOREST ROAD		WC		SWIMMING SPOT
	SMALLER ROAD		FIREPLACE		CAMPSITE
	BIGGER ROAD		REST AREA		WIND SHELTER
	HIGHWAY				

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km

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